

NON-VERBAL IS A PART COMMUNICATION

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Abstracts

Nonverbal communication express meaning or feeling without words. Universal emotions, such as happiness, fear, and sadness, are expressed in a similar nonverbal way through the world. There are, however, nonverbal differences across cultures that may be a source of confusion for foreigners.

Culture does not always determine the messages that our body movements convey. Contexts, personalities, and relationships also influence them. Therefore, no two people in any one society have the same nonverbal behavior. However, like verbal language, nonverbal communication cannot be completely separated from culture.²

Keywords: Nonverbal, communication.

¹ Dosen tetappada jurusan PBA FITK IAIN Mataram

² (Levine at.al 1982).

A. Introduction

The complex nature of language sometimes makes writing difficult. Words often become confusing when they have similar forms and sounds. Indeed, an author may have correct meaning in mind, but an incorrect word choice can alter the meaning of sentence or even make it totally illogical. That is why a writer must continually strive for precise expression of language by finding the exact word to express a specific meaning.

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Theoretically which developed by Ferdinand De Saussure, meaning is a concept which had in linguistic sign. According to Saussure, every linguistics sign consist of two elements, there (French: *signifie*, English: *signified*) and (French: *signifiant*, English: *signifier*). While significant of signifier) is formed of sound which has language phonemes. Every linguistic sign consist of sound and meaning. Both of this element is intra-lingual which usually refer or relate to something reference which represent extra-lingual.³

Understanding some gestures in certain culture it refres to the context of environment. It is the socio-culture-environment where learning takes place. Understanding some gestures in certain culture can include the teachers, the peers, the classroom, climate, the family support, the social, cultural tradition. Learning this case it refers to the untextual which a particular meaning can be found. Learning contexts constrain the ways learners approach learning tasks. A learning strategy that is valued in one learning context may well be in another context.

Non-verbal communication present t were a language that can be learned, the implication being that if the meaning of every movement, and gesture were known, the real feelings and intentions of a person would be understood.

Unfortunately interpreting non-verbal communication is not that simple. As covered on our Interpersonal Communication page, non-verbal communication is not a language with a fixed meaning. It is influenced and driven by the context in which it occurs. This includes both the place and the people concerned, as well as the culture. For example, a nod of the head between colleagues in a committee meeting may mean something very different from when the same action is used to acknowledge someone across a crowded room, and again when two people are having a social conversation.

Interpersonal communication is further complicated in that it is usually not possible to interpret a gesture or expression accurately on its own. Non-verbal communication consists of a complete package of expressions, hand and eye movements, postures, and gestures which should be interpreted along with speech (verbal communication).⁴

B. Focus Interest

According to Halliday, text is a sign representation of a socio-cultural event embedded in a context of situation. Context of situation is the semio-socio-cultural environment in which the text unfolds. Text and context are so intimately related that neither concept can be comprehended in the absence of the other. (Sumber:

³ Harimurti, 1982 dalam https://www.localisation.ie/.../text_context.ppt

⁴ <http://www.skillsyouneed.com/ips/nonverbal-communication.html#ixzz4VRwtAatU>,
Sumber: dikutip pada tanggal 10-01-2017.

Halliday MAK and R Hasan. (1985) *Language, Context, and Text: Aspects of Language in a Social-Semiotic Perspective*. Geelong: Deakin University).

Language studies traditionally have emphasized verbal and written language, but recently have begun to consider communication that takes place without words. In some types of communication people express more nonverbally. If you ask an obviously depressed person, he probably won't believe him. When an angry person says, "Let's forget this subject, I don't want to talk about it any more!" you know that he hasn't stopped communicating. His silence and withdrawal continue to convey emotional meaning.

Nonverbal communication expresses meaning or feeling without words. Universal emotions, such as happiness, fear, and sadness, are expressed in a similar nonverbal way throughout the world. There are, however, nonverbal differences across cultures that may be a source of confusion for foreigners. For example, feelings of friendship exist everywhere but their expression varies. It may be acceptable in some countries for men to embrace each other or for women to hold hands, in other countries these displays of affection may be shocking. (1982:44. Deena R. Levine and Mara B Adelman, 1982. *Beyond The Language: Intercultural Communication For English as a Second Language*. American Language Institute. Prentice Hall Regents, Englewood Cliffs, NJ 07632)

Culture does not always determine the messages that our body movements convey. Contexts, personalities, and relationships also influence them. Therefore, no two people in any one society have the same nonverbal behavior. However, like verbal language, nonverbal communication cannot be completely separated from culture. (Deena R. Levine and Mara B Adelman, 1982:47).

In discussion on culture, according to Deena R. Levine and Mara B Adelman (1982:xv) that culture, unlike language, doesn't always contain set rules and patterns. Two students from one country may disagree about what is done in their culture. In addition, some students may want to discuss "rights" and "wrongs" about particular culture. It is something that is considered right in one culture may be considered wrong in another. Also, there may be a tendency to assign culture as an explanation for everything. The students may have to be reminded that an individual's personality can have greater influence than an individual's perceptions and behavior. Finally, some students may tend to emphasize intercultural similarities while others may want to stress differences. It is our hope that students will conclude that universal human characteristics can contribute to successful communications between any two people. Let us comprehend the situation nonverbally "*Eye Contact and Handshaking in Introduction*".

Direct eye contact and handshakes during introduction are customary in certain countries. In introductions as well as in general conversations, speakers maintain frequent eye contact. Most people become nervous if frequent eye contact turns into *staring*. When shaking hands, people shake *firmly* and *briefly*. The expression, "He shakes hands like a dead fish" refers to a limp handshake, a sign in certain cultures of a weak character. *Prolonged* handshaking is not usual.

Problems can arise when these customs are unfamiliar to foreign visitors. One foreign student remarked, "I'm beginning to think that there's something wrong with me. I have an impression that people don't like me. When I shake hands with them, they always pull their hands away quickly. Is his impression correct or is he misinterpreting a cultural *ritual*?" certain visitors sometimes pull their hands away too quickly in countries where prolonged handshaking is common.

C. Types of Nonverbal Communication

According the articles "Non Verbal Communication" written by Kendra Cherry (Sumber dikutip tanggal 12-01-2017: <https://www.verywell.com/types-of-nonverbal-communication-2795397>)

While these signals are often so subtle that we are not consciously aware of them, research has identified several different types of nonverbal communication.

In many cases, we communicate information in nonverbal ways using groups of behaviors. For example, we might combine a frown with crossed arms and unblinking eye gaze to indicate disapproval.

1. Facial Expressions

Facial expressions are responsible for a huge proportion of nonverbal communication. Consider how much information can be conveyed with a smile or a frown. The look on a person's face is often the first thing we see, even before we hear what they have to say.

While nonverbal communication and behavior can vary dramatically between cultures, the facial expressions for happiness, sadness, anger, and fear are similar throughout the world.

2. Gestures

Deliberate movements and signals are an important way to communicate meaning without words. Common gestures include waving, pointing, and using fingers to indicate numeric amounts. Other gestures are arbitrary and related to culture.

In courtroom settings, lawyers have been known to utilize different nonverbal signals to attempt to sway juror opinions. These nonverbal signals are seen as being so powerful and influential that some judges even place limits on what type of nonverbal behaviors are allowed in the courtroom.

3. Paralinguistics

Paralinguistics refers to vocal communication that is separate from actual language. This includes factors such as tone of voice, loudness, inflection and pitch. Consider the powerful effect that tone of voice can have on the meaning of a sentence. When said in a strong tone of voice, listeners might interpret approval and enthusiasm. The same words said in a hesitant tone of voice might convey disapproval and a lack of interest.

Consider all the different ways simply changing your tone of voice might change the meaning of a sentence. A friend might ask you how you are doing, and you might respond with the standard "I'm fine," but how you actually say those words might reveal a tremendous amount of how you are really feeling.

4. Body Language and Posture

Posture and movement can also convey a great deal on information. Research on body language has grown significantly since the 1970's, but popular media have focused on the over-interpretation of defensive postures, arm-crossing, and leg-crossing, especially after publishing Julius Fast's book *Body Language*. While these nonverbal behaviors can indicate feelings and attitudes, research suggests that body language is far more subtle and less definitive than previously believed.

5. Proxemics

People often refer to their need for "personal space," which is also an important type of nonverbal communication. The amount of distance we need and the amount of space we perceive as belonging to us is influenced by a number of factors including social norms, cultural expectations, situational factors, personality characteristics, and level of familiarity. For example, the amount of personal space needed when having a casual conversation with another person

usually varies between 18 inches to four feet. On the other hand, the personal distance needed when speaking to a crowd of people is around 10 to 12 feet.

6. Eye Gaze

The eyes play an important role in nonverbal communication and such things as looking, staring and blinking are important nonverbal behaviors. When people encounter people or things that they like, the rate of blinking increases and pupils dilate. Looking at another person can indicate a range of emotions including hostility, interest, and attraction.

People also utilize eye gaze a means to determine if someone is being honest. Normal, steady eye contact is often taken as a sign that a person is telling the truth and is trustworthy. Shifty eyes and an inability to maintain eye contact, on the other hand, is frequently seen as an indicator that someone is lying or being deceptive.

7. Haptics

Communicating through touch is another important nonverbal behavior. There has been a substantial amount of research on the importance of touch in infancy and early childhood. Touch can be used to communicate affection, familiarity, sympathy, and other emotions.

8. Appearance

Our choice of color, clothing, hairstyles, and other factors affecting appearance are also considered a means of nonverbal communication. Research on color psychology has demonstrated that different colors can evoke different moods. Appearance can also alter physiological reactions, judgments, and interpretations. Just think of all the subtle judgments you quickly make about someone based on his or her appearance. These first impressions are important, which is why experts suggest that job seekers dress appropriately for interviews with potential employers.

Culture is an important influence on how appearances are judged. While thinness tends to be valued in Western cultures, some African cultures relate full-figured bodies to better health, wealth, and social status.

9. Artifacts

Objects and images are also tools that can be used to communicate nonverbally. On an online forum, for example, you might select an avatar to represent your identity online and to communicate information about who you are and the things you like. People often spend a great deal of time developing a particular image and surrounding themselves with objects designed to convey information about the things that are important to them. Uniforms, for example, can be used to transmit a tremendous amount of information about a person. A soldier and police officers will wear a uniform, and a doctor will wear a white lab coat. At a mere glance, these outfits tell people what a person does for a living.

10. Final Thoughts

Nonverbal communication plays an important role in how we convey meaning and information to others, as well as how we interpret the actions of those around us. The important thing to remember when looking at such nonverbal behaviors is to consider the actions in groups. What a person actually says along with his or her expressions, appearance, and tone of voice might tell you a great deal about what that person is really trying to say.

Setting the Stage for Effective Nonverbal Communication.⁵

Nonverbal communication is a rapidly flowing back-and-forth process requiring your full concentration and attention. If you are planning what you're going to say next, daydreaming, or thinking about something else, you are almost certain to miss nonverbal cues and other subtleties in the conversation. You need to stay focused on the moment-to-moment experience in order to fully understand what's going on.

To improve nonverbal communication, learn to manage stress

Learning how to manage stress in the heat of the moment is one of the most important things you can do to improve your nonverbal communication. Stress compromises your ability to communicate. When you're stressed out, you're more likely to misread other people, send confusing or off-putting nonverbal signals. Furthermore, emotions are contagious. You being upset is very likely to trigger others to be upset, making a bad situation worse.

If you're feeling overwhelmed by stress, it's best to take a time out. Take a moment to calm down before you jump back into the conversation. Once you've regained your emotional equilibrium, you'll be better equipped to deal with the situation in a positive way.

How emotional awareness strengthens nonverbal communication

In order to send accurate nonverbal cues, you need to be aware of your emotions and how they influence you. You also need to be able to recognize the emotions of others and the true feelings behind the cues they are sending. This is where emotional awareness comes in.

Emotional awareness enables you to:

- Accurately read other people, including the emotions they're feeling and the unspoken messages they're sending.
- Create trust in relationships by sending nonverbal signals that match up with your words.
- Respond in ways that show others that you understand, notice, and care.

Tips for reading body language and nonverbal communication

Once you've developed your abilities to manage stress and recognize emotions, you'll naturally become better at reading the nonverbal signals sent by others.

Pay attention to inconsistencies.

Nonverbal communication should reinforce what is being said. Is the person is saying one thing, and their body language something else? For example, are they telling you "yes" while shaking their head no?

Look at nonverbal communication signals as a group.

Don't read too much into a single gesture or nonverbal cue. Consider all of the nonverbal signals you are receiving, from eye contact to tone of voice and body language. Taken together, are their nonverbal cues consistent—or inconsistent—with what their words are saying?

⁵ <https://www.helpguide.org/articles/relationships/nonverbal-communication.htm>, Sumber dikutip tanggal 12-10-2017

Trust your instincts.

Don't dismiss your gut feelings. If you get the sense that someone isn't being honest or that something, you may be picking up on a mismatch between verbal and nonverbal cues.

The 5 Functions of Non-Verbal Communication

According Daniel Oneil and Adam Earnhardt "The Modern Communicator". inn⁶. There are five functions of non-verbal communication: reinforcement, contradiction, substitution, accentuation, and regulation. All of these functions help the person sending a message and the person receiving the message by making the substance of the communication more understandable.

1. Reinforcement

"The amount of redundancy nonverbal communication adds to the verbal message" for example if you say "Hi" or "Bye" you will probably wave your hand also, and if you say you're hungry you might rub your stomach. If something tastes bad you would express your dislike accompanied with a disgusted look on your face.

2. Substitution

"Using a nonverbal action or cue instead of speaking" for example instead of actually saying "hi" or "bye" you might just wave a hand at someone. When we are not able to speak to a person we use a nonverbal cue.

3. Contradiction

"The use of a nonverbal message to negate the verbal message" for example if you ask how someone is and they say "good" but they roll their eyes or look down at the floor and shrug their shoulders, you know they are actually not good and they have just negated the verbal message they were sending.

4. Accentuation

"The use of nonverbal cues to intensify the verbal message" for example if you speak louder and quickly you are adding intensity to the verbal message. We can tell when a person is excited because they usually speak loud and their eyes widen, making the message more clear.

5. Regulation

"The turn taking cues of conversational order" for example we use hand signals to indicate that we are done talking and it is someone else's turn to talk. We also use nonverbal signals like looking at the other person as if to say "what do you think about that" without actually speaking the words.

D. Conclusion

This article intends to describe the meaning of gestures in cultural context, especially for students in language learning and generally for language user which have different of cultural background and to encourage an appreciation of cultural diversity and the process of intercultural communication.

Students and people still find difficulties to learn, to understand the gestures and leaves them confused about what the meaning of gestures apply in context of situation and culture. This confusion is due to countless rules governing proper of gestures.

Gestures serve different purposes in language. Function gestures make symbol of language has meaningful. Content of gestures are the symbols that communicate meaning in contexts. Clearly, people must know kinds of gestures to understand what they act.

⁶ <http://functionsofnonverbal-communication.blogspot.co.id/2009/04/5-functions-of-non-verbalcommunication.html>), Sumber dikutip tanggal 10-01-2017

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